



March 2024

# News From the View



## Pleasant View Senior Center

~ The Center of it All ~

328 NORTH MAIN STREET

EAST LONGMEADOW, MA 01028

MON - FRI: 8:00 a.m. – 4:00 p.m.

413.525.5436

### HIGHLIGHTS



#### Artsy Fartsy Artists & Authors Fair Saturday, March 2<sup>nd</sup> 10:00 - 2:00

Meet local authors, view the work of local artists, join in on writing and art workshops, purchase a delicious coffee from Pour Things Coffee, watch a glass blowing demonstration and more! Bring in non-perishable donations for the East Longmeadow Food Pantry and receive FREE door prize tickets! **Workshop Times:** 10:00 Kid's Painting (Registration Required); 11:00 Poetry Writing; 12:30 Q&A with Artists; 1:15 Q&A with Authors.

*This event is made possible due to our partnership with Bluebird Estates, The East Longmeadow Public Library, and is supported in part by a grant from the East Longmeadow Cultural Council which is supported by the Mass Cultural Council.*



#### Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me? Monday, March 4<sup>th</sup> at 11:00

Gain a clear understanding of which type of plan best fits your needs. Learn what Original Medicare is, the differences between Medicare Supplement and Medicare Advantage Plans, and if you need Prescription Drug Coverage.



LUNCH & LEARN

#### Lunch and Learn with the Mayor's Office of Consumer Affairs Friday, March 8<sup>th</sup>

from 12:00-1:30 Lunch will begin at 12:00 and is a donation of \$4. The seminar will begin at 12:15. Learn about the common scams happening, how to protect yourself, and what to do if you're a victim. **Registration for lunch is required by 1:00pm on March 7<sup>th</sup>.**



#### Happiness At Any Age Monday, March 11<sup>th</sup> at 12:30

Hear the latest research about what makes people happy. Have the opportunity to share what made you happy during various stages of your life, and take a Happiness Survey assessing your current state of happiness. Acknowledging that at any age we can all be "happier," participants will complete their own Happiness Plan. We will share insights and learn from each other in a guided breakout session.



#### Group Reiki Circle with Shannon Bates Monday, March 11<sup>th</sup> from 1:00-2:00 and 2:15-3:15

Experience the relaxing and restorative effects of a Reiki session in a group setting. Group Reiki sessions combine the healing energies of Reiki with the energies of each group member, creating a powerful opportunity for insight, growth and personal transformation. Each group will begin with a guided meditation, followed by 40-45 minutes of Reiki and ending with a group affirmation. Participants will be seated in chairs and are invited to bring cushions, etc. for comfort. These sessions are free of charge. Registration is required.



#### St Patrick's Day Luncheon Thursday, March 14<sup>th</sup> at 12:00

Come celebrate with us! Tickets are \$5 per person and include lunch, entertainment by Jack and His Guitar, as well as games and prizes! Tickets will be available at the Senior Center. Each individual may purchase 2 tickets. We hope you can join us!



**Easter Craft Event** Friday, March 22<sup>nd</sup> at 1:00 Join us for a fun afternoon and make two adorable Easter Bunny crafts plus a bunch of tissue paper flowers! Sign up is required and space is limited!



**Easter Activities!** Join in on the fun of the season! **Easter Egg Hunt, Friday, March 22<sup>nd</sup> at 8:30.** There will be gift cards hidden among the candy! **Egg Race with Prizes, Wednesday, March 27<sup>th</sup> at 10:00.** **Easter Egg Dyeing, Wednesday, March 27<sup>th</sup> at 10:30.** All materials included.

## HIGHLIGHTS

**Registration is required for all programs by calling 525-5436, in person at the Senior Center office or at [www.myactivecenter.com](http://www.myactivecenter.com)**



**Coffee with the Town Manager** Wednesday, March 6<sup>th</sup> at 10:30 Have coffee and chat with East Longmeadow's Town Manager, Tom Christensen. First Wednesday of every month at 10:30.



**New Member Orientation** Friday, March 8<sup>th</sup> at 10:30 An informative new member orientation and tour will take place every month on the 2nd Friday, from 10:30 - 11:30. Registration is suggested, however drop-ins are welcome.



**Stepping Up Your Nutrition** Monday, March 18<sup>th</sup> from 10:30-1:45 Falls are the leading cause of injury among older adults. Join our Program Coordinator, Alicia Smith, for this workshop where we will learn how nutrition plays a fundamental role in falls prevention. Registration is required as space is limited. There will be a 45 minute break at 12:00 for a complimentary lunch.



**Wellness Talk** Friday, March 22<sup>nd</sup> at 10:30 Hear about the 3 most common reasons why people are hospitalized. There will be discussion about medication mismanagement, falls and environmental factors that may impact safety. There will be a short questionnaire provided to raise self awareness for your own risk level. Presented by Powerback Rehab to You.



**The Ins and Outs of the Home Modification Loan Program** Monday, March 25<sup>th</sup> 10:30-12:00 In this workshop, you will learn about the Home Modification Loan Program application process and program details. Presented by Valley Community Development. To attend on Zoom, call (413) 586-5855 ext. 231 or email [hmlp@valleycdc.org](mailto:hmlp@valleycdc.org).



**Positivity Activity** Monday, March 25<sup>th</sup> at 12:45 Let's let go of negativity, and focus on the positive. Join us for an interactive program where we will share positive experiences in our lives and encourage each other that there is always a silver lining.



**Italian Class** Wednesdays **Beginners 1 class begins at 10:15 and Beginners 2 begins at 11:30.** If you are new to the class and have no prior knowledge of the language, or feel that you need to review lessons taught, Beginners 1 would be best. If you have been taking these classes and wish to continue increasing your proficiency, please choose Beginners 2. \$5 per class.



**Stronger Every Day Group** Mondays at 11:00 This group provides a safe space to explore your feelings of sadness, grief/loss and anxiety. It is a safe space to learn techniques and share with others knowing you are not alone. Sessions are billed through your personal insurance plan. Copays may apply. For questions regarding billing or to schedule an intake for the group, call the Golden Years Admin Office at 413-224-2015. Together, healing is possible. Facilitated by Golden Years Behavioral Health Group.

*choose joy*

**Celebrate Joy, Happiness and Humor** Wednesday, April 3<sup>rd</sup> from 3:00-4:30 A wonderfully engaging and memorable presentation that will leave participants inspired and feeling great about handling life's challenges and stresses. You will also laugh until you cry and cultivate the ability not to make "mountains out of molehills" and understand why laughter is indeed the best medicine. Dr. Steve Sobel is Longmeadow based and is a nationally adored motivational speaker, author and humorist. He also is a longtime educator. Dr. Sobel is author of "The Good Times Handbook-Your Guide To Positive Living and an Exciting Life". He speaks to many professional groups, companies, schools and at special events. He truly believes that "boring presentations are really slow forms of torture". Light refreshments will be provided.



**Lotus Flower Lantern Craft** Thursday, April 11<sup>th</sup> at 12:45 A Member of the Korean Spirit and Culture Promotion Project (KSCPP) will show you step-by-step how to make a lovely lotus flower lantern using colored paper and wireframes, followed by the showing of a documentary film. All materials are included. KSCPP is a 501 (c) 3 non-profit organization dedicated to the promotion of greater awareness and understanding of Korean history and culture since 2005. This program is \$10 per person. Registration and payment are due by March 14th.

## PLEASANT VIEW CINEMA

Join us **Tuesday's at 12:45** to enjoy a movie or a documentary

*\*Movies are subject to change*



**During the month of March we will be showing**

**The Lincoln Lawyer Series** 2023, 43-56m Sidelined after an accident, hotshot Los Angeles lawyer Mickey Haller restarts his career and his trademark Lincoln—when he takes on a murder case. Suspenseful and Witty

**March 5th** Episodes 5 and 6 ~ **March 11th** Episodes 7 and 8 ~ **March 18th** Episodes 9 and 10 ~ **March 25th** Episodes 11 and 12

## ONGOING PROGRAMS

**ART CLASS** with Jeff Kerns Fridays 10:00 \$15

*\*Must bring your own supplies*

**BEAN BAG BASEBALL** Fridays 10:00

**BILLIARDS** Open Play Tue - Fri 8:00 to 4:00

Pool League Mondays 8:00-4:00 All levels welcome

Free Instruction Thursdays 10:00

**BIRTHDAY BASH** Wednesday, March 6<sup>th</sup> 12:00

If it's your birthday month lunch is FREE!

*Dessert sponsored by Kemple Financial*



**BLOOD PRESSURE CLINIC** Monday,

March 25<sup>th</sup> at 10:00 Free

**BOCCE** Will resume in the Spring

**BREAKFAST CAFE** Wednesday, March 27<sup>th</sup>

8:00-10:00 Join us for a delicious breakfast!

**CHAIR VOLLEYBALL** Wednesdays 1:00

**TECH HELP** Wednesday, March 20<sup>th</sup> 1:00

Sign up required by calling 525-5436

**CORNHOLE** Mondays 10:00

**COOKING DEMO** Wednesday, March 20<sup>th</sup> 11:00

Taste a delicious recipe! Presented by East Village Pl.

**FRENCH GROUP** Tuesdays 11:00

*\*All conversation is in French*

**HANDCRAFTING** Thursdays 1:00

**JOURNALING** Monday, March 11<sup>th</sup> 10:00

**LIBRARY ON THE GO** Thursday, March 14<sup>th</sup>  
10:30 - 12:00

**MEN'S COFFEE CHAT** Tuesdays 8:30

**MORNING GLORY WALKERS** Monthly

Meeting Monday, March 11<sup>th</sup> 9:00

**STAMP CLUB** Tuesday, March 12<sup>th</sup> and 26<sup>th</sup> 1:00

**TRIVIA** Thursdays 10:00

**VETERANS COFFEE HOUR** Tuesdays 10:00

### CARDS AND GAMES

**CANASTA** Thursdays 12:00 P.M.

**CRIBBAGE** Wednesdays and Fridays 10:00

**DOMINOES** Fridays 1:00

**FIVE CROWNS** Tuesdays and Fridays 12:45

**MAH-JONGG** Tuesdays 12:30

**MAH-JONGG LESSONS** Tuesdays 10:00

**PITCH** Mondays 12:30



### Friendship Thursdays at 12:45

March 7<sup>th</sup> \$5 Bingo

March 14<sup>th</sup> St. Patrick's Day Lunch

March 21<sup>st</sup> \$5 Bingo

March 28<sup>th</sup> \$2 Bingo



**Cell Phone Help** Fridays by appointment Do you have questions about how to use certain functions on your cell phone? Is your cell phone acting funny or not working correctly? Would you like to learn how to use the Big Y or Stop & Shop app? Sign up for a FREE 45 minute one-on-one tech help session with one of East Longmeadow's SWAP volunteers.



**We're turning the tables on our members in March when the Mountain View Elementary Spirit Squad takes the mic to become live podcast hosts!** Join us for 2 special intergenerational live broadcasts on **March 1<sup>st</sup> and 22<sup>nd</sup>** at 11:00 in the auditorium. We need a large audience to help

encourage our interviewers and Senior panelists! **Stay for lunch - the Spirit Squad will stay to serve and enjoy lunch with us!** The Mountain View Spirit Squad is a group of third - fifth grade student leaders at Mountain View Elementary School. They visited us last year for lunch. **Let's show them a warm welcome again on March 1<sup>st</sup> and 22<sup>nd</sup> at 11:00.** Register by calling 525-5436.



# Meal Calendar March 2024



Lunch is served Monday - Friday at 12:00 in the Auditorium

If you would like to order lunch please call 525-5436 at least a day in advance by 1:00 pm

\$4.00 Lunch donation is appreciated \*Please bring exact change

Partial funding provided by the Federal Administration for Community Living/MA Executive Office of Elder Affairs & Greater Springfield Senior Services, Inc.

- Please reserve your meal by 1PM the day before
- Let us know if you are not able to make it to lunch
- Understand that meals include specific items that have been approved by our grant agency
- Unfortunately, we are not able to honor requests for larger portions or seconds

Meals will also include a starch, a vegetable and a dessert. 1% milk and whole grain bread or rolls are served daily, unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday
**Menu Subject to Change	\$4.00 Lunch Donation is Appreciated			1 Chicken Marsala
4 Ziti, Broccoli and Chicken	5 Roast Pork	6 <b>Birthday Bash</b> Stuffed Chicken Breast	7 Veggie Pizza	8 Cod Florentine
11 Cheeseburger	12 Macaroni and Cheese with Bacon	13 Lasagna with Meat Sauce	14  St. Patrick's Day Lunch Corned Beef	15 Meatball Grinder
18 American Chop Suey	19 BBQ Pulled Pork Sandwich	20 Beef Stew	21 Veal Parmesan	22 Tuna Noodle Casserole
25 Stuffed Peppers	26 Turkey and Stuffing	27 Spaghetti and Meatballs	28 Hot Dog and Beans	29 CENTER CLOSED 



**TRIPS: Neil Diamond The Tribute from Las Vegas at The Aqua Turf** Tuesday, May 14<sup>th</sup> Longtime Las Vegas entertainer & Legends in Concert alumni, Rob Garrett has become the #1 Neil Diamond Tribute artist with his unparalleled portrayal of this legendary performer. Rob has become known as the "King of Diamonds," capturing the presence, passion and energy of Neil Diamond himself. The show features all of your favorite hits: Cherry, Cherry, I'm a Believer,

Girl You'll be a Woman Soon, Coming to America and of course the iconic SWEET CAROLINE. Includes coffee and donuts upon arrival and lunch. Cost is \$124 pp. Make checks payable to "Friendship Tours". Checks due to Pleasant View Senior Center by April 3rd, and will be deposited after this date. Depart: 10:15am Pleasant View Senior Center, 328 North Main Street. Estimated Return: 4:45pm Pleasant View Senior Center. To register for ALL trips or for more information please call our trip coordinator Karen Knight 413-747-5819.

## MEMORIAL DONATIONS



A special thank you to Steven and Kristine Hering and Joyce Labroad Broadbent for their donations in memory of Walter Labroad.

# Activities Calendar March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>** Program requires sign up please call 525-5436</b></p>	<p><b>*To sign up for a Meal please call 525-5436 at least one day in advance by 1:00</b></p>			<p><b>1</b>  <b>Cell Phone Help**</b>            8:45 Advanced Chair            9:15 Chair Exercise            10:00 Art, Bean Bag            Baseball, Cribbage            11:00 <b>Live Podcast</b>            12:00 Lunch*            12:45 Five Crowns,            1:00 Dominoes            1:30 Heartsong Yoga**            2:00 Silver Sneakers</p>
<p><b>4</b>  <b>Footcare**</b>            8:15 Cardio Drumming            8:45 Advanced Chair            9:15 Chair Exercise            10:00 Cornhole            11:00 <b>Medicare Plans, Support Group**</b>            12:00 Lunch*            12:30 Pitch            1:30 Brownstone Yoga            2:00 Silver Sneakers</p>	<p><b>5</b>            8:30 Men's Coffee Chat            9:00 Tai Chi (offsite)            10:00 Line Dancing,            Mah-Jongg Lessons,            Veterans Coffee Hour            10:30 <b>SAIL**</b>            11:00 French Group,            12:00 Lunch*            12:30 Mah-jongg            12:45 5 Crowns, Movie</p>	<p><b>6</b>            8:45 Advanced Chair            9:15 Chair Exercise            10:00 Baystate Deaf Seniors, Cribbage            10:15 <b>Italian Class 1</b>            10:30 <b>Coffee with Town Manager</b>            11:30 <b>Italian Class 2</b>            12:00 <b>BirthDay Bash*</b>            1:00 Chair Volleyball            1:00 Balance Training</p>	<p><b>7</b>  <b>Manicures**</b>            8:30 Zumba            9:20 Cardio Drumming            10:00 Trivia            10:30 <b>SAIL**</b>            12:00 Canasta, Lunch*            12:45 <b>\$5 Bingo</b>            1:00 Handcrafting</p>	<p><b>8</b>  <b>Cell Phone Help**</b>            8:45 Advanced Chair            9:15 Chair Exercise            10:00 Art, Bean Bag            Baseball, Cribbage            10:30 <b>Orientation</b>            12:00 <b>Lunch &amp; Learn*</b>            12:45 Five Crowns            1:00 Dominoes            1:30 Heartsong Yoga**            2:00 Silver Sneakers</p>
<p><b>11</b>  <b>Reiki Circle**</b>            8:15 Cardio Drumming            8:45 Advanced Chair  <b>9:00 MGW Meeting</b>            9:15 Chair Exercise            10:00 Cornhole,  <b>Journaling**</b>            11:00 Support Group**            12:00 Lunch*            12:30 <b>Happiness, Pitch</b>            1:30 Brownstone Yoga            2:00 Silver Sneakers</p>	<p><b>12</b>            8:30 Men's Coffee Chat            9:00 Tai Chi (offsite)            10:00 Line Dancing,            Mah-Jongg Lessons,            Veterans Coffee Hour            10:30 <b>SAIL**</b>            11:00 French Group,            12:00 Lunch*            12:30 Mah-jongg            12:45 5 Crowns, Movie            1:00 <b>Stamp Club</b></p>	<p><b>13</b>            9:15 Chair Exercise            10:00 Baystate Deaf Seniors, Cribbage            10:15 <b>Italian Class 1</b>            10:30 <b>Valentine's Day Craft**</b>            11:30 <b>Italian Class 2</b>            12:00 Lunch*            1:00 Chair Volleyball            1:00 Balance Training</p>	<p><b>14</b>            8:30 Zumba            9:20 Cardio Drumming            10:00 Trivia            10:30 <b>Library on the Go, SAIL**</b>            12:00 Canasta,  <b>St. Patrick's Day Luncheon**</b>            1:00 Handcrafting</p>	<p><b>15</b>  <b>Cell Phone Help**</b>            8:45 Advanced Chair            9:15 Chair Exercise            10:00 Art, Bean Bag            Baseball, Cribbage            12:00 Lunch*            12:45 Five Crowns,            1:00 Dominoes            1:30 Heartsong Yoga**            2:00 Silver Sneakers</p>
<p><b>18</b>            8:15 Cardio Drumming            8:45 Advanced Chair            9:15 Chair Exercise            10:00 Cornhole            10:30 <b>Nutrition**</b>            11:00 Support Group**            12:00 Lunch*            12:30 Pitch            1:30 Brownstone Yoga            2:00 Silver Sneakers</p>	<p><b>19</b>  <b>Legal Consultations**</b>            8:30 Men's Coffee Chat            9:00 Tai Chi (offsite)            10:00 Line Dancing,            Mah-Jongg Lessons,            Veterans Coffee Hour            10:30 <b>SAIL**</b>            11:00 French Group,            12:00 Lunch*            12:30 Mah-jongg            12:45 5 Crowns, Movie</p>	<p><b>20</b>  <b>Hearing Screening**</b>            8:45 Advanced Chair            9:15 Chair Exercise            10:00 Baystate Deaf Seniors, Cribbage            10:15 <b>Italian Class 1</b>            11:00 <b>Cooking Demo**</b>            11:30 <b>Italian Class 2</b>            12:00 Lunch            1:00 Chair Volleyball,  <b>Tech Help**</b>            1:00 Balance Training</p>	<p><b>21</b>  <b>Manicures**</b>            8:30 Zumba            9:20 Cardio Drumming            10:00 Trivia            10:30 <b>SAIL**</b>            11:00 <b>Sen. Oliveira's Representative</b>            12:00 Canasta, Lunch*            12:45 <b>\$5 Bingo</b>            1:00 Handcrafting</p>	<p><b>22</b>  <b>Cell Phone Help**</b>  <b>8:30 Egg Hunt</b>            8:45 Advanced Chair            9:15 Chair Exercise            10:00 Art, Bean Bag            Baseball, Cribbage            10:30 <b>Wellness Talk**</b>            11:00 <b>Live Podcast</b>            12:00 Lunch*            12:45 Five Crowns,            1:00 Dominoes,<b>Craft**</b>            1:30 Heartsong Yoga**            2:00 Silver Sneakers</p>
<p><b>25</b>            8:15 Cardio Drumming            8:45 Advanced Chair            9:15 Chair Exercise            10:00 <b>Blood Pressure, Cornhole</b>            10:30 <b>Home Modification Loan**</b>            11:00 Support Group**            12:00 Lunch*            12:30 Pitch            12:45 <b>Positivity**</b>            1:30 Brownstone Yoga            2:00 Silver Sneakers</p>	<p><b>26</b>            8:30 Men's Coffee Chat            9:00 Tai Chi (offsite)            10:00 Line Dancing,            Mah-Jongg Lessons,            Veterans Coffee Hour            10:30 <b>SAIL**</b>            11:00 French Group,            12:00 Lunch*            12:30 Mah-jongg            12:45 5 Crowns, Movie            1:00 <b>Stamp Club</b></p>	<p><b>27</b>  <b>8:00 Breakfast Café</b>            8:45 Advanced Chair            9:15 <del>Chair Exercise</del>            10:00 Baystate Deaf Seniors, Cribbage, <b>Egg Hunt</b>            10:15 <b>Italian Class 1</b>            10:30 <b>Egg Dying</b>            11:30 <b>Italian Class 2</b>            12:00 Lunch*            1:00 Chair Volleyball            1:00 Balance Training</p>	<p><b>28</b>            8:30 Zumba            9:20 Cardio Drumming            10:00 Trivia            10:30 <b>SAIL**</b>            11:00 <b>Brian Ashe's Representative</b>            12:00 Canasta, Lunch*            12:45 <b>\$2 Bingo</b>            1:00 Handcrafting</p>	<p><b>29</b>  <b>CENTER CLOSED</b></p> <div style="text-align: center;">  </div>

## FITNESS PROGRAMS

**Fitness Room Open Monday - Friday from 8:00 - 4:00** The Fitness Center includes state of the art cardio machines and weight stations. An annual medical clearance form is required. Fitness cards are 20 visits for \$10, \$15 for out of town residents. *Age 90+ no charge.*

**Balance and Fall Prevention Training Wednesdays 1:00** This class uses the stretches and movements of Tai Chi along with other evidence-based fall prevention training programs to improve your balance and increase lower body strength. Class pass is required, 6 classes for \$10.

**Cardio Drumming Mondays at 8:15 and Thursdays at 9:20** Use drumsticks and an exercise ball to get a full cardio workout! May participate seated or standing. \$5 per class, payable to the instructor, Kelly Phillips.

**Chair Exercise DVD Monday, Wednesday and Friday from 9:15-10:15** in the Auditorium, free.

**Advanced Exercise DVD Monday, Wednesday and Friday from 8:45-9:45** in the Media Room, free.

**Line Dancing Tuesdays at 10:00** at the senior center, \$3 per class, payable to the instructor.

**Silver Sneakers Monday and Friday from 2:00-3:00** at the Senior Center. Designed for seniors of all fitness levels, led by an instructor from HealthTrax. A class pass is required, 6 classes for \$10.

**Tai Chi Tuesdays at 9:00** This FREE class is held at the First Congregational Church.

**Yoga at Brownstone Mondays at 1:30** Class is FREE and will take place at Brownstone 1 in the Community Room, all are welcome. Sponsored by Visiting Angels.

**Chair Yoga at Heartsong Fridays at 1:30** Held at Heartsong Yoga. No experience is needed. \$5 per class. Class is available through Zoom for those who are homebound. The link is available by contacting the the Senior Center at 413-525-5436.

**Zumba Thursdays at 8:30** Join us for this fun, upbeat class! \$5 per class, payable to the instructor.

## PANTRY PROGRAM



**We accept donations of unexpired food year round Monday - Friday from 9:00 - 4:00**

Thank you to everyone in the community who supports our pantry. Your generosity makes a difference for so many families and individuals. **We are currently in need of:** spaghetti sauce, cereal, crackers, peanut butter and jelly.



**Purchase your Pleasant View Senior Center recipe book today!** This book contains recipes from members of our Senior Center and our staff. Books are \$10 each. Proceeds from the sales will benefit our Emergency Food Pantry. Stop in the office to purchase your book.

**Pleasant View Pantry T-Shirts** Help us "reach those in times of need" by purchasing a t-shirt for \$10 to support our Emergency Food Pantry. Various colors and sizes are available.



**MOBILE FOOD PANTRY PROGRAM** The Mobile Food Pantry is brought to you by the Community Development Fund Program in conjunction with the Pleasant View Senior Center. The Mobile Food Pantry is designed to aid residents facing barriers such as transportation, mobility and other needs. **We can make temporary deliveries if you are sick at home, recuperating from surgery or if you are disabled and unable to get to the store.** For further information please call our Food Pantry Coordinator Elizabeth Baron at 525-5436.

## HEALTH AND WELLNESS

### HEARING SCREENING

Free Screening by Baystate Hearing Center  
March 20<sup>th</sup> by appointment  
525-5436

### FOOTCARE/PEDICARE

With Deborah  
March 4th by appt. 525-5436  
Cost is \$35

### MANICURES

March 7<sup>th</sup> and 21<sup>st</sup>  
by appt. Cathy Rasid, LM  
413-335-7422

## ESSENTIAL SERVICES

### FREE LEGAL CONSULTATION

With Attorney Dave Carlson  
By appointment March 19<sup>th</sup> 525-5436

### NOTARY PUBLIC SERVICES

By appointment with Danell 525-5436

### SHINE COUNSELOR

Free Medicare Assistance  
By appointment 525-5436

## NURSES CORNER



Hi, my name is Kris, your new town health nurse. I have an office at the Senior Center and in Town Hall. I am available at the Senior Center on Mondays and Thursdays from 9:00 - 3:00 or by appointment. I'm here to help with medical questions, blood pressure checks or just to say hi. I would love to hear from you. Please introduce yourself whenever you have a chance. Looking forward to meeting you!

## TOWN NEWS



**Real Estate Tax Senior Exemption Applications** Exemption applications for fiscal year 2024 are accepted in the Assessor's Office. The applications are available for you to pick up in the Assessor's Office at 382 North Main Street Suite 205 or can be mailed to you or by appointment with Danell Tavella at the Senior Center. If you need assistance or have any questions, please feel free to contact the Assessors at 525-5400 x-1600 or Danell Tavella at 525-5400 x-1402.

## RESOURCES



**AARP Tax Service** Unfortunately, due to a volunteer shortage, AARP will not be preparing taxes at our center this year. Please call us for more information about local senior centers that are offering free tax assistance 525-5436. You can also visit AARP's tax site locator at [https://www.aarp.org/money/taxes/aarp\\_taxaide/locations.html](https://www.aarp.org/money/taxes/aarp_taxaide/locations.html)



**They're Safer in Our Hands Program** Dispose of unwanted drugs. **If you have any prescription, non-prescription, vitamin, veterinary meds, etc. drop them in the MEDRETURN Box at your local Police Department.** The following items may NOT be placed in the MEDRETURN BOX: Needle/Sharps, Liquid Medication, IV Equipment, Chemotherapy Drugs.



**The East Longmeadow Housing Authority is accepting applications for McLaren House subsidized congregate housing located at 82 Quarry Hill in East Longmeadow.** Congregate Housing is a shared living environment for individuals with physical limitations not requiring 24-hour supervision or medical care. It is ideal for people who no longer feel comfortable living alone but who still wish to be independent and have privacy. Greater Springfield Senior Services has staff on site who can help with coordination of services, public benefit applications, resource information, & more **For more information or to arrange a tour, contact the GSSSI Congregate Housing Coordinator, Adriana Al Kenani at 413-218-8864.**



**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)** Do you need help purchasing food? You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps. If eligible, SNAP provides a monthly benefit to buy nutritious foods. Benefits are provided on an EBT card, used like a bankcard, to buy food at grocery stores. **Pleasant View Senior Center is here to help!** Contact Danell Tavella at 525-5436 ext. 1402 to make an appointment. Please do not delay if you are experiencing food insecurity. We are available to help with your application, recertification and accessing information about your account.

Monthly Income (Effective 2/1/2024)	
Family Size Income Limit	
1	\$2,510
2	\$3,407
3	\$4,303
4	\$5,200

The East Longmeadow Council on Aging is a proud SNAP Outreach Partner with the Department of Transitional Assistance (DTA).



**FUEL ASSISTANCE** *Low Income Home Energy Assistance Program is an energy assistance program that can help you pay for heating your house or apartment during the heating season, between NOV 1 and APR 30 of each year.* This program can help you pay for any fuel that you use, including but not limited to: oil, propane, natural gas, wood, or electric. **Please call Danell Tavella @ 525-5436 ext. 1402 for further information.**

Yearly Income 2024 Season	
Family Size Income Limit	
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

## TRI-TOWN TROLLEY



The Tri-Town Trolley is available Monday thru Friday from 9:00am – 3:00pm for East Longmeadow, Longmeadow, and Hampden Seniors



**Out of town trips are \$4 each way/In town trips are \$2 each way**

The Trolley offers rides to seniors from East Longmeadow, Hampden and Longmeadow for local medical appointments, grocery shopping and banking in the Springfield area. The trolley schedule is limited, we do our best to accommodate your date and time, however availability is not guaranteed. For medical appointments we recommend calling as soon as you schedule your appointment. When booking appointments please have the complete address and phone number of your destination.

**Reminder - When shopping there is a 3 bag limit on the van. 72 hour notification is required for booking any transportation. To schedule a ride please call 413-525-5412 between 9:00am – 3:00pm**



Sign up for weekly emails to receive our monthly newsletter and the most up-to-date information about Senior Center events! Newsletters are available at the Senior Center, distributed with Meals on Wheels, on our website, and by email. Email [coa@eastlongmeadowma.gov](mailto:coa@eastlongmeadowma.gov) to be added to our distribution list!



**INCLEMENT WEATHER POLICY** When the East Longmeadow Public Schools are closed due to weather, there will be no in-house lunch, meals on wheels, or programming. When the EL Public Schools are delayed due to weather, there will be no programs that were scheduled during the delay. Staff will be in the building to answer questions and for emergencies. If Town Hall is closed, we are closed. Please watch WGGB Channel 40 and WWLP Channel 22 for updates.

## VETERANS SERVICES



Jason Burgener is the Veteran Service Officer for the towns of East Longmeadow, Hampden and Wales. VSO Burgener is available by appointment by calling 413-640-0540 or [vso@eastlongmeadowma.gov](mailto:vso@eastlongmeadowma.gov)

## SPONSORS

Would you like your business or company to reach over 5,000 households each month through The Reminder? For information please contact Meralee at 413-525-5436.

*We hope you support our valued sponsors!*

**DAVID G. CARLSON**  
ATTORNEY AT LAW  
*Estate Planning • Wills & Trusts • Probate of Estates  
Elder Issues*  
200 NORTH MAIN STREET • SUITE 6  
EAST LONGMEADOW, MA 01028  
Tel. (413) 525-1313 Fax (413) 525-7272

## COA LIAISONS

### Police Department

Daniel Atwater 413-525-5440



### Fire Department/Fire and Life Safety

Chris Beecher 413-525-5430



## PLEASANT VIEW STAFF AND CONTACTS

**Erin Koebler**  
Director  
Ext. 1401

**Sharon Giordano**  
Admin. Accountant  
Ext. 1405

**Elizabeth Baron**  
Food Pantry  
Coordinator  
Ext. 1408

**Allen Lefferts**  
Chef  
Ext. 1411

**Terry Glusko**  
Transportation  
Coordinator  
Ext. 1410

**Danell Tavella**  
Community  
Services  
Ext. 1402

**Meralee Kratovil**  
Office Manager  
Ext. 1404

**Debbie Garvin**  
Meal Site Coordinator  
Ext. 1413

**Margit Daley**  
Kitchen Assistant,  
Dishwasher

**Marilyn Ghedini**  
Dispatcher  
Ext. 1410

**Alicia Smith**  
Program & Social Media Coordinator  
Volunteer Coordinator  
Ext. 1406

**Elizabeth Grigoriou**  
Admin. Assistant/  
Social Media Coordinator  
Ext. 1414

**Kris Buffington**  
Health Nurse  
Ext. 1112



**MON - FRI: 8-4 PM 413-525-5436**

[www.facebook.com/elseniors](http://www.facebook.com/elseniors)



To receive Email Updates please call 525-5436 or email [coa@eastlongmeadowma.gov](mailto:coa@eastlongmeadowma.gov)